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Good Nutrition
and
Adequate Food Allowances for the Family

Prepared by the
Committee on Economic Standards
of the New York Nutrition Council

A Method for Determining

an

Adequate Minimum Food Allowance

with

Fifteen Points for the Social Worker Who Has to Deal with Nutrition Problems

Prepared by the

Committee on Economic Standards
of the New York Nutrition Council

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Foreword

The relation of nutrition to health is being more clearly recognized each day. Organizations dealing with public health problems or organizations dealing with relief problems—indeed any organizations that deal with family problems—cannot longer afford to be haphazard in their information about suitable food for children of different ages and for adults under varying conditions. It is particularly important to be specific in the amount of money allowed in relief budgets. Because of the increasing demands for practical information which would be helpful to such organizations, the New York Nutrition Council created a Committee on Economic Standards of Nutrition. This committee has put together in the following pages information which should be in the hands of all executives and field workers of public health and relief organizations. It undertakes to answer in simple terms the question of diet suitable for children of different ages, how to determine the cost of such a diet, and simple nutrition facts that every social worker should know.

BAILEY B. BURRITT,
President, New York Nutrition Council

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An Adequate Minimum Food Allowance

Every organization as well as every individual dealing with the welfare of children should, for its most effective work, understand the economic problems involved in the families from which they come.

The food expenditure, the largest item in the budget, is of vital importance, for the health of the family, especially its nutrition, is very closely related to the food supply. If the money spent for food, or the money the family can afford to spend for food, is inadequate, the children are in danger of malnutrition, tuberculosis, and other diseases throughout childhood and perhaps they may be handicapped for life. This condition must be discovered and if possible some means found of relieving it before much permanent good can be accomplished. Otherwise the best nutrition program will involve much wasted energy.

If the income is adequate with reasonable economy, but suggestions beyond the family purse are thoughtlessly given, such suggestions can meet only with failure. With a better understanding of the economic factor, especially the minimum for safety, our work would be far more effective.

In any welfare work, and especially in relief organizations, it is important to know what a minimum food allowance is. Where money is donated to any organization to provide food for families needing assistance, that organization wants to make the best possible use of those funds by helping as many families as possible. An allowance of even one cent more per person per meal than is necessary will increase the budget of the organization by at least $10,000 for every 150 families helped.

How can we be sure that the allowance is adequate, yet a minimum below which any family may be in danger?

The New York Nutrition Council, feeling the need for some control of this oft-neglected factor, appointed a committee to formulate a satisfactory method for calculating adequate minimum food allowances. There were two active sub-divisions to this committee.

Sub-Division I	To standardize the method for determining the minimum adequate food allowance in terms of dollars and cents.
Sub-Division II	To reduce to its simplest terms, the information with which social workers who deal with the health of children should be familiar.

I

A Method for Determining the Minimum Adequate Food Allowance

The method as worked out is divided into three steps as follows:

1 Economical diets which will provide adequate nourishment.

2 Determining an average price for each food with the calculation of the costs of the diets in 1.

3 Calculation of weekly food allowances for individuals of different ages.

Step 1—**Economical Diets:** Diets making provision for the proper amounts of protein, fats, mineral elements, vitamines, and the correct number of calories from the most economical sources were formulated. In these diets, the foods suggested represent the *type* of food and the amount of that type required for adequate nutrition. The *kind* of vegetable, cereal, fruit, fat or meat will vary according to the custom of any given nationality. The diets suggested are as follows:

*Weekly Diet for Children Under 2
(900-1200 CALORIES)

Food, quantity and Calories apply to all nationalities. The costs should be revised according to location and season and to admit the use of higher priced foods used by some nationalities; for example, sweet butter for salt in the Jewish diets.

Food	Quantity	Calories	*Cost in New York March, 1922 Revise to Meet Individual Needs*
Milk	7 qts.	4725	*$1.05*
Eggs	3—4	240	*.12*
Butter	2 oz.	435	*.053*
Fruit	12 oz.	350	*.10*
Vegetables	1 lb.	140	*.09*
Bread (1½ slices a day)	1 lb.	1200	*.08*
Cereal (dry)	8 oz.	800	*.036*
		7890 Calories	*$1.529*
	1127 Calories daily		*$ .19 per 1000 Calories*

*All diets approved by Dr. Mary S. Rose of Teachers' College.

The following allowances for milk were made: For children under 2 years 1 quart a day; for children from 2-5 years of age, ¾ of a quart a day. A quart is allowed for children from 12-16 years old because this is a period of very rapid growth. It was decided to allow bottled milk for all children under 5 years of age and for drinking for older children. Loose milk is recommended for cooking when the financial situation is such that bottled milk cannot be provided, Loose milk should in all cases be heated before being used.

Weekly Diet for Children 2—5 Yrs.

(1000-1500 CALORIES)

Food	Quantity	Calories	*Cost Revise to Meet Individual Needs*
Milk	3½—5 qts.	3375—2362	*$ .75—$ .53*
Eggs	3—4	240— 240	*.12— .12*
Butter	2—3½ oz.	436— 764	*.053— .093*
Fruit (fresh or dried, some every day)	2—3 oranges or 2—3 apples plus 2—3 oz. dried fruit	350— 500	*.024— .036*
Vegetables			
Green or Root	1—2 lbs.	140— 200	*.09— .18*
Potatoes	2—2½ lbs.	600— 760	*.08— .10*
Bread	1—2 lbs.	1200—2400	*.08— .16*
Cereal	7—14 oz.	700—1400	*.032—.063*
Legumes	1—2 oz.	100— 200	*.007—.014*
Sugar	0—6 oz.	0— 680	*.018*
		7141—9506 Cal.	*$1.236—1.314*
	1021—1358 Calories daily		*$ .173—.14 per 1000 Calories*

Weekly Diet for Children 5—12 Yrs.

(1300—2400 CALORIES)

*Milk	3½ qts.	2363—2363	*$ .53—$ .53*
*Eggs	3	225— 225	*.09— .09*
Meat or Fish	0—1 lb.	0— 600	*.185*
*Fat	3½ oz.—1 lb.	764—3600	*.093— .335*
Fruit	2—3 oranges or 2—3 apples plus 3—5 oz. dried fruit	500— 750	*.096— .12*
Vegetables			
Green or Root	2—4 lbs.	200— 650	*.18 — .28*
Potatoes	2—3 lbs.	608— 912	*.08 — .12*
Legumes & Cheese	2—6 oz.	200— 600	*.027— .081*
Bread	2—3½ lbs.	2400—4200	*.16 — .28*
Cereal	12—20 oz.	1200—2000	*.054— .09*
Sugar	6—8 oz.	680— 907	*.019— .025*
		9140—16807 Cal.	*$1.329—$2.136*
	1306—2401 Calories daily		*$ .145—.127 per 1000 Calories*

*Increase milk to 7 qts. when can be afforded.
Eggs may be omitted when too expensive.
Fat may be reduced from 1 lb. to ½ or ¾ lb.

Weekly Diet for Children 12—16 Yrs.

(1900—3500 CALORIES)

Food	Quantity	Calories	Cost Revise to Meet Individual Needs
Milk	3½—7 qts.	2363—4725	*$ .53 —$ .56**
*Eggs	4	300— 300	*.12 — .12*
Meat and Fish	1—2 lbs.	600—1200	*.18 — .37*
Fat	12 oz.—1 lb.	2700—3600	*.251— .335*
Fruit	2—3 oranges or 2—3 apples plus 3—5 oz. dried fruit	500— 750	*.096— .12*
Vegetables			
Green or Root	2½—4 lbs.	300— 650	*.21 — .28*
Potatoes	2½—6 lbs.	760—1824	*.10 — .24*
Legumes & Cheese	4—8 oz.	400— 800	*.054— .108*
Bread	2½—4½ lbs.	3000—5400	*.20 — .36*
Cereal and Flour	1—2½ lbs.	1600—4000	*.072— .18*
Sugar	8 oz.—¾ lb.	907—1360	*.025— .037*
		13430–24609 Cal.	*$1.838—$2.710*
	1918—3515 Calories daily		*$ .137—.11 per 1000 Calories*

*The seeming discrepancy in this slight difference in milk cost is due to use of some loose milk in cooking for older children.

Eggs may be omitted when too expensive.

Weekly Diet for Children over 16 and Adults

(2500—3500 CALORIES)

Milk	3½ qts.	2363—2363	*$ .53 —$ .53*
*Eggs	4	300— 300	*.12 — .12*
Meat and Fish	1½—2 lbs.	900—1200	*.27 — .37*
Fat	12 oz.—1 lb.	2700—3600	*.251— .335*
Fruit	3 oranges 1 apple 5 oz. dried fruit	750— 750	*.12 — .12*
Vegetables			
Green or Root	2½—4 lbs.	300— 650	*.21 — .28*
Potatoes	5—7 lbs.	1520—2128	*.20 — .28*
Legumes and Cheese	6—8 oz.	600— 800	*.081— .108*
Bread	2½—4½ lbs.	3000—5400	*.20 — .36*
Cereal and Flour	2½—3½ lbs.	4000—5600	*.18 — .25*
Sugar	12 oz.—1 lb.	1360—1814	*.037— .05*
		17793–24605 Cal.	*$2.199—$2.803*
	2542—3515 Calories daily		*$ .124—$ .113 per 1000 Calories*

*Eggs may be omitted when too expensive.

Collection of Food Prices

Step 2—In order that the food prices used in calculating cost of diets may represent a fair average, it is necessary to collect prices from various sections of the city. A following standard form for the collection of prices is suggested:

Collection of Food Prices

Table I

Standard Form for Collecting Food Prices

District.....
Date.....
Visitor.....

Food	Quantity	Price
DAIRY PRODUCTS		
Milk–Grade B	Per qt.	
" Loose	" "	
Cheese American	" lb.	
" Cottage	" "	
Eggs Fresh	" doz.	
" Storage	" "	
CEREALS AND BREAD		
Bread (white)	Per loaf	
(Give No. ounces)		
Bread (rye)	" "	
(Give No. ounces)		
Barley—whole	Per lb.	
Cornmeal	" "	
Farina	" pkge.	
(Give No. ounces)		
Flour	" 3½ lbs.	
Hominy (loose)	" lb	
Macaroni	" "	
"	" pkge.	
(Give No. ounces)		
Oatmeal	" box	
(Give No. ounces)		
Oatmeal (loose)	" lb.	
Rice	" "	
Wheatena	" pkge.	
VEGETABLES		
Roots and Tubers		
Beets	Per lb.	
Carrots (old)	" "	
Onions (yellow)	" "	
Potatoes (white)	" "	
Potatoes (white)	Per pk.	
Potatoes (sweet)	" lb.	
Turnips (yellow)	" "	
Green Vegetables		
Cabbage	Per lb.	
Spinach	" peck	
String beans	" lb.	
Other green veg. in season		
Dried Vegetables		
Beans		
Kidney	Per lb.	
Lima	" "	
Lentils	" "	
Peas		
Green	" "	
Yellow (split)	" "	

Food	Quantity	Price
Canned Vegetables		
Corn	Per can	
Peas	" "	
Spinach	" "	
Tomatoes	" "	
Other Vegetables in season		
Beans (fresh)	Per lb.	
Peas (fresh)	" "	
Tomatoes	" "	
.....		
FRUITS		
Fresh		
Apples	Per lb.	
Bananas	" doz.	
Oranges	" "	
Other fruit		
.....		
.....		
Dried		
Apricots	Per lb.	
Figs	" "	
Prunes	" "	
Raisins (seeded)	" "	
"	" pkge.	
FATS		
Butter	Per lb.	
Lard	" "	
Mazola Oil	" pt.	
Nut Butter	" lb.	
Oleomargarine	" "	
Wesson Oil	" pt.	
MEATS		
Beef (Hamburg)	Per lb.	
Liver	" "	
Soup Bone	" "	
Stewing	" "	
FISH		
Cod Fish	Per lb.	
Haddock	" "	
Other fish in season		
MISCELLANEOUS		
Cocoa	Per lb.	
Coffee	" "	
Molasses	" "	
Sugar	" "	
Tea	" "	
SPECIALS TO FIT INDIVIDUAL NEEDS		
.....		.....

Any organization wishing to revise this food schedule to fit its own needs should collect prices from several sections of the city in which the organization is located (six sections for New York City are suggested). Eliminating extreme prices, the average of prices collected should give a fair figure upon which to base conclusions. These figures collected and studied every three months will help to determine whether or not the food schedule should be revised. These average prices applied to the diets will give the cost of food for the different age groups, as follows:

Age	*Cost per Week, in New York, March, 1922*
Children under 2	*$1.53*
Children from 2 to 5	*$1.24—1.31*
Children from 5 to 12	*1.33—2.14*
Children from 12 to 16	*1.84—2.71*
Adults over 16	*2.20—2.80*

Calculation of Individual Food Allowances

Step 3—Figures for each individual child are, however, much fairer than a range in cost for the various age groups as given above. From the cost of the diets for children from 2 to 5, 5 to 12, 12 to 16, and with the calories provided by the diet, the cost per 1000 calories may be obtained and from these figures may be calculated costs for each individual child. The cost per 1000 calories may be obtained as follows: (See diets on pages 4, 5, 6).

Age in years	Calories provided by suggested diet per wk.	*Cost per wk. (N. Y., March, 1922)*	*Cost per 1000 Calories (cents)*
Children under 2	7890	*$1.53*	*19.0*
Children from 2 to 5	7141— 9506	*$1.24—1.31*	*17.3—14.0*
Children from 5 to 12	9140—16807	*1.33—2.14*	*14.5—12.7*
Children from 12 to 16	13430—24609	*1.84—2.71*	*13.7—11.0*
Adults over 16	17793—24605	*2.20—2.80*	*12.4—11.3*

From the cost of the food of these various age groups may be deducted the cost per 1000 calories for children of each age as follows:

Table II

Cost per 1000 Calories for Children of each Age, New York City, March, 1922

Age	Cost	Age	Cost
Under 2 years	$ .19	9—10	$ .14
2— 3	.18	10—11	.13
3— 4	.17	11—12	.13
4— 5	.16	12—13	.13
5— 6	.15	13—14	.12
6— 7	.14	14—15	.12
7— 8	.14	15—16	.12
8— 9	.14	Over 16 and adults	.12

These figures will vary with season, location and from year to year. They should be revised to suit individual needs.

The cost per 1000 calories in Table II, multiplied by calories for individuals of different ages, give the food allowances for each child. These food allowances are given in Table III.

Table III

March, 1922

Food Allowances for the Family

Revise to Suit Individual Needs

Boys

Age Years	*Per Week* A	B	*Per Month* A	B	Calories*
	Min.	*Extra Nour.*	*Min.*	*Extra Nour.*	
Under 2	*$1.20*	*$1.60*	*$5.20*	*$6.95*	900—1200
2— 3	*1.25*	*1.65*	*5.40*	*7.15*	1000—1300
3— 4	*1.30*	*1.65*	*5.65*	*7.15*	1100—1400
4— 5	*1.35*	*1.70*	*5.85*	*7.35*	1200—1500
5— 6	*1.35*	*1.70*	*5.85*	*7.35*	1300—1600
6— 7	*1.35*	*1.70*	*5.85*	*7.35*	1400—1700
7— 8	*1.45*	*1.75*	*6.25*	*7.60*	1500—1800
8— 9	*1.55*	*1.85*	*6.70*	*8.00*	1600—1900
9—10	*1.65*	*1.95*	*7.15*	*8.45*	1700—2000
10—11	*1.75*	*2.00*	*7.60*	*8.65*	1900—2200
11—12	*1.90*	*2.20*	*8.25*	*9.55*	2100—2400
12—13	*2.10*	*2.45*	*9.10*	*10.60*	2300—2700
13—14	*2.10*	*2.45*	*9.10*	*10.60*	2500—2900
14—15	*2.20*	*2.60*	*9.55*	*11.20*	2600—3100
15—16	*2.25*	*2.75*	*9.75*	*11.90*	2700—3300

Men and Boys Over 16 Years

Hard Muscular work	*$3.35*	*$14.50*	4000
Mod. Hard Musc. work	*2.50—$2.95*	*10.85—$12.80*	3000—3500
Light Muscular work	*2.10— 2.50*	*9.10— 10.85*	2500—3000
Elderly Men	*2.10— 2.50*	*9.10— 10.85*	2500—3000

Girls

Age Years	*Per Week* A	B	*Per Month* A	B	Calories*
Under 2	*$1.20*	*$1.60*	*$5.20*	*$6.95*	900—1200
2— 3	*1.25*	*1.60*	*5.40*	*6.95*	980—1280
3— 4	*1.25*	*1.60*	*5.40*	*6.95*	1060—1360
4— 5	*1.30*	*1.60*	*5.65*	*6.95*	1140—1400
5— 6	*1.30*	*1.60*	*5.65*	*6.95*	1220—1520
6— 7	*1.30*	*1.60*	*5.65*	*6.95*	1300—1600
7— 8	*1.35*	*1.65*	*5.85*	*7.15*	1380—1680
8— 9	*1.45*	*1.70*	*6.30*	*7.35*	1460—1760
9—10	*1.50*	*1.80*	*6.50*	*7.80*	1550—1850
10—11	*1.50*	*1.80*	*6.50*	*7.80*	1650—1950
11—12	*1.60*	*1.85*	*6.95*	*8.25*	1750—2050
12—13	*1.65*	*1.95*	*7.15*	*8.45*	1850—2150
13—14	*1.65*	*1.95*	*7.15*	*8.45*	1950—2250
14—15	*1.70*	*1.95*	*7.35*	*8.45*	2050—2350
15—16	*1.80*	*2.05*	*7.80*	*8.90*	2150—2450

*These Calories are based on those compiled from various sources by L. H. Gillett, as reported in Food Allowances.

Women and Girls Over 16 Years

Hard Muscular work	*$2.50*	*$10.85*	3000
Mod. Hard Musc. work	*2.10—$2.25*	*9.10—$9.75*	2500—2700
Light Muscular work	*1.85— 2.10*	*8.00— 9.10*	2200—2500
Elderly Women	*1.85— 2.10*	*8.00— 9.10*	2200—2500

Illustration of this step:

Calories allowed for children under 2 years of age, 900—1200.
Cost per 1000 calories for a child under 2, 19 cents.
To get the cost per day, multiply 900—1200 by 19—$ .17—.228.
To get the cost per week, multiply these last figures by 7—$1.20—$1.60.
To get the cost per month, multiply cost per week by 4½ (Average number of weeks per month)—$5.20—$6.93.

The A, or Minimum Food Allowance

The A, or minimum allowance, below which amount the health of any family will be in danger is planned to provide adequate nourishment when the family is in good physical condition, where the mother is intelligent and has a fair knowledge of food values so that every dollar is spent to the best advantage, or where there is supervision of the expenditures by a nutrition worker. It is a common experience to find that families frequently get on better on the lower allowance with supervision than on a higher allowance without supervision.

The B, or Extra Nourishment Allowance

The B allowance is 25-30% higher than the A allowance and provides for extra nourishment in cases of malnutrition, tuberculosis, or other conditions where extra nourishment is needed. The B allowance is also recommended in all cases where there is no supervision. Where the B allowance is used for the minimum, increase these figures by 25% to provide for cases needing extra nourishment.

In cases of special diets where the B allowance is not sufficient, allow the cost of the diet.

Special conditions have been provided for by a list of qualifications as follows:

Qualifications of Food Allowances

1. Person living alone: The A allowance for light muscular work plus 50%, as it costs more to live alone.
2. Tubercular person living alone: The B allowance for light muscular work plus 50%.
3. Two adults living alone: The B allowance for light muscular work plus 50%.
4. Woman and one child: Add to woman living alone the B allowance for one child.

5. Family of three: Allow B allowance in all cases.
6. Family of six to eight inclusive: Subtract 5% because of large size of family.
7. Family of nine and over: 10% reduction because of size of family.
8. Expectant mother: The B allowance.
9. Nursing mother: Increase woman's allowance by 50%.
10. Children under one and not breast fed: in accordance with formula.
11. Deduct $\frac{1}{4}$ of the allowance for adults eating lunches away from home. Add 25c-35c per day in column in budget planned for lunches.

or

Deduct 5c per day for lunches for adults when part of lunch is taken from home, and add 15c-20c for remainder of lunch.

12. Use B allowance for more nourishment.
13. For special diet allow actual cost of diet.

The Family Grocery Order

As a check on the figures given, a family grocery order is convenient. It may also be useful in helping families to spend their food money to good advantage. The grocery order given in Table IV is for a family of five consisting of man, woman and three children below working age.

Table IV

Suggested Minimum Grocery Order for Family of Five

Consisting of:

Father	3000	calories
Mother	2500	"
Boy 13 years	2700	"
Girl 10 years	1650	"
Boy 7 years	1500	"

11350 calories daily—79450 calories weekly

The food suggested here is adequate for and applicable to all nationalities. Change costs to fit any locality or national custom.

Food	Quantity	Calories	*Cost in New York City, March, 1922*
Milk	21 qts.	14175	*$2.66*
Cheese or peanut butter	$\frac{1}{2}$ lb.	1000	*.165*
Eggs	$\frac{1}{2}$—1 doz.	900	*.27*
Meat or Fish	5—7 lbs.	4200	*1.11*
*Fat	3$\frac{1}{2}$ lbs.	12600	*1.17*
Fruit	6 lbs.		
Dried	2 lbs.	2320	*.34*
Fresh	4 lbs.	1000	*.41*
{ 4 bananas-1 lb. 4 oranges-1 lb. 4 apples-2 lbs. }			

*Fat includes sweet or salt butter, nut butter, margarines or oils.

Food	Quantity	Calories	*Cost in New York City, March, 1922*
Vegetables	33 lbs.		
Green or Root	11 lbs.	1650	*$ .77*
Potatoes	20 lbs.	6080	*.80*
Legumes	2 lbs.	3200	*.22*
Bread	12 lbs.	14400	*.96*
Cereals and Flour	9 lbs.	14400	*.60*
{ Flour 3½ lbs. } { Cereals 5½ lbs. }			
Sugar	3—4 lbs.	6350	*.175*
		82275	*$9.650*

Estimate of need 79450 calories weekly.
Calories supplied, 82275.

The extra allowance is on the side of safety where there are rapidly growing children and also allows for waste.

The foods are in the right proportion to provide an adequate amount of calories, protein, fat, mineral elements and vitamines. The cost of this order in New York City, March, 1922, is $9.65. As a check, calculate the amount of money necessary to provide food for a family of this size as given in Table III.

Man	$2.50
Woman	2.10
Boy 13	2.10
Girl 10	1.50
Boy 7	1.45
Total	$9.65

It would seem then that $9.65 arrived at in two ways is an adequate food allowance for a family of five—New York City, March, 1922.

These figures in Table III may soon be either too high or too low according to cost of food, but they may be revised by any organization by following the preceding plan.

This report is to show how to arrive at an adequate food allowance but not to determine an inflexible figure. The figures will change with location, with the season, with nationality, and from year to year, but by following the method here given, it is possible for any organization to revise or to prepare its own food schedule.

Make the Food Allowances Adequate

II

The Simple Facts in Nutrition which Every Social Worker Should Know

There is danger of malnutrition even with an adequate food allowance. The food must be of the right kind as well as sufficient in quantity. There must be plenty of milk, vegetables and fruit as well as enough bread and cereal to ensure an adequate energy supply, and to make the children strong and healthy. A diet chosen at random or in accordance with one's appetite may or may not be satisfactory. Scientists have shown the relationship between health and certain types of foods. These foods must be eaten if we expect our children to be in good health and nutrition.

A second section of the Economic Standard Committee has formulated these outstanding facts for the use of the social worker who has to deal with children, especially with the home life or health conditions.

Fifteen Points to Help the Social Worker with the Nutrition Problem

The Nutritional State of Every Child Should be Determined by Periodic Physical Examinations

I. Fresh, clean, whole *milk* should be a prominent part of the daily diet of every child. Each child should have never less than a pint of milk a day, and a quart where possible. A quart, *always* for the undernourished and the younger children.

It is not necessary to *drink* the whole quart. Some of it may be taken in the form of cocoa, cream soups, simple desserts, etc.

II. At least two *vegetables* a day for every child (Be sure every child eats his share). One (or two) vegetables in addition to potatoes should be eaten every day. Leaf vegetables should be used *at least* two or three times a week. On the other four or five days, any other vegetable may be used in addition to the potato.

Do not use soda in the cooking of vegetables.

Vegetables are abundant and relatively inexpensive in summer. When the supply is more limited in winter

increase potatoes and suggest beets, cabbage, carrots, celery, canned tomatoes, escarolle, kale, onions, squash, and turnips or other inexpensive ones. Spinach and lettuce are frequently found in the city in winter at a low cost. (Rice and macaroni are not substitutes for potatoes.)

III. *Fruit* should be used (as a part of a meal) at least once every day whenever it can be afforded. When fruit is too expensive, insist on a third vegetable every day. Dried fruits are valuable but do not take the place of fresh fruit or vegetables.

All young children and any one whose chief article of food is *milk* should have *Fresh Fruit* or *Tomato juice every day.*

IV. *Meat* is much less important than milk, fruits, and vegetables, and is more expensive. These foods should not be sacrificed for the sake of meat although a little meat is not undesirable. Meat should be limited to one meal a day and to three or four times a week is better.

V. *Cereals* should be used daily. Served with milk, they are good either for breakfast or supper. They may be put into soups, or made into simple puddings, such as rice, farina, or cornstarch.

The ready-to-eat-cereals are expensive, but may be used occasionally to lend variety to the diet. They should not be used more than once or twice a week.

VI. It has been found that in families where economy is necessary, there is a tendency to eat *too much sugar* and *too little fat.* Allow at least from 3 to 4 lbs. of fat per week for every five members of the family and *not over* 4 lbs. of sugar.

VII. *Water* is an important item in the diet. Both children and adults should drink plenty of it, especially between meals.

VIII. *Tea, coffee, beer* or *wine* should never be given to children. *Fried foods,* except bacon, should never be given to children.

IX. A child should never be allowed to go to school without a *good breakfast.*

X. Every child should have a *good luncheon* with a hot dish in it—either a soup, hot cocoa, or a hot vegetable dish.

XI. Only foods of mild flavor should be allowed *between meals* such as bread and butter, or bread and milk, or crackers and milk. Such mid-morning or mid-afternoon lunches should be given only when the regular meals are 5 or 6 hours apart. The lunches should then be given regularly, and at least 3 hours before the next meal.

XII. *Candy, ice-cream* and *other sweets* should *not* be eaten between meals, especially just before a meal.

XIII. *Regularity* of meals is important. Have the meals at the same time every day.

XIV. Prevent *constipation*. Coarse breads (graham and whole wheat), fruits, and vegetables will usually take care of this.

XV. Allow enough time for meals so that food may be *chewed well*. Mealtime should be a *resting period* for children. Mealtime should be a *cheerful* hour.

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